



# SEPTEMBER 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	<b>16</b> Support Group 9:30-11:00 a.m. Easton YMCA Sarah Johnson, IBCLC 443-949-5180	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>Mid-Shore Services:</b> Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		<b>To Contact a Breastfeeding Peer Counselor near you:</b> Katie: (410) 829-8656 {Lactation Consultant} Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 <b>Mid-Shore WIC Program:</b> (410) 479-8060 or 1-866-551-2139 (Maryland toll free)



# OCTOBER 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2 Mid-Shore Services:</b> Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		<b>To Contact a Breastfeeding Peer Counselor near you:</b> Katie: (410) 829-8656 {Lactation Consultant} Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654	<b>Mid-Shore WIC Program:</b> (410) 479-8060 or 1-866-551-2139 Maryland toll free)	1	2	3
4	5	6 <b>Support Group</b> 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	7	8	9	10
11	12	13	14	15	16	17
18	19	20 <b>Support Group</b> 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	21 <b>Support Group</b> 9:30-11:00 a.m. Easton YMCA Sarah Johnson, IBCLC 443-949-5180	22	23	24
25	26	27	28	29	30	31



# NOVEMBER 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mid-Shore Services:</b> Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		<b>To Contact a Breastfeeding Peer Counselor near you:</b> Katie: (410) 829-8656 {Lactation Consultant} Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 <b>Mid-Shore WIC Program:</b> (410) 479-8060 or 1-866-551-2139 (Maryland toll free)				
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8	9	10	11	12	13	14
15	16	17 <b>Support Group</b> 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	18 <b>Support Group</b> 9:30-11:00 a.m. Easton YMCA Sarah Johnson, IBCLC 443-949-5180	19	20	21
22/29	23/30	24	25	26	27	28